

# BILLINGS

## Caregiver starter kit

Who it helps: Caregivers organizing permissions and emergency planning.

Summary: Provider permission checklist, med list template, and emergency plan.

Not medical, legal, or financial advice. Use this as a practical checklist and a record-keeping tool.

Core items to organize:

- Current medication list (name, dose, schedule, prescribing clinician).
- Emergency contacts and preferred hospital/clinic.
- Insurance cards and plan contact numbers.
- Permission forms (ask providers about a HIPAA release so you can speak on the patient's behalf).

Weekly routine:

- Track appointments, refill dates, and symptom changes.
- Keep a shared notes doc with questions for the next visit.

Notes:

Primary clinician: \_\_\_\_\_ Phone: \_\_\_\_\_

Pharmacy: \_\_\_\_\_ Phone: \_\_\_\_\_

Helpful links:

- 211 local services: <https://www.211.org>
- Patient Advocate Foundation: <https://www.patientadvocate.org>
- HealthCare.gov (Marketplace): <https://www.healthcare.gov>
- Medicaid: <https://www.medicaid.gov>
- Medicare cost help: <https://www.medicare.gov/basics/costs/help>
- Caregiver Action Network: <https://www.caregiveraction.org>
- Family Caregiver Alliance: <https://www.caregiver.org>